

FOURTEENTH ANNUAL REPORT

OF THE

MANAGERS

OF THE

STATE LUNATIC ASYLUM.

Transmitted to the Legislature January 7, 1857.

ALBANY:

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IN ASSEMBLY, JAN. 7, 1857.

FOURTEENTH ANNUAL REPORT

Of the Managers of the State Lunatic Asylum.

UTICA, January 9, 1857.

To the Hon. DE WITT C. LITTLEJOHN,

Speaker of the Assembly:

SIR—Herewith is submitted the annual report of the Managers of the State Lunatic Asylum.

Respectfully yours,

CHARLES A. MANN,

SILAS D. CHILDS,

S. NEWTON DEXTER,

CHRISTOPHER MORGAN,

E. A. GRAHAM,

DANIEL P. BISSELL,

J. A. SPENCER,

SPENCER KELLOGG.



OFFICERS OF THE ASYLUM.

Managers:

CHARLES A. MANN, Utica.
SILAS D. CHILDS, "
E. A. GRAHAM, "
S. NEWTON DEXTER, Whitesboro.
CHRISTOPHER MORGAN, Auburn.
D. P. BISSELL, M. D., Utica.
HOWARD TOWNSEND, M. D., Albany.
JOSHUA A. SPENCER, Utica.
SPENCER KELLOGG, "

Resident Officers:

JOHN P. GRAY, M. D., Superintendent and Physician.
E. H. VAN DEUSEN, M. D., First Assistant Physician.
JOHN B. CHAPIN, M. D., Second Assistant Physician.
LOUIS A. TOURTELLOT, M. D., Third Assistant Physician.
HORATIO N. DRYER, Steward.

EDMUND A. WETMORE, Treasurer, Utica.

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FOURTEENTH ANNUAL REPORT Of the Managers of the State Lunatic Asylum, for the year ending November 30, 1856.

The Managers of the State Lunatic Asylum respectfully submit to the Legislature the following

REPORT :

The report of the Superintendent of the institution, herewith transmitted, contains so full an account of all matters in relation to it, of which the Legislature or the public require to be informed, that but little room is left for additional statement or remark.

It will be observed, by reference to that report, that two hundred and forty-two patients have been received during the year; that the whole number who have been under treatment is six hundred and ninety-seven; that one hundred have been discharged "recovered," thirty-three discharged "improved," sixty-five "unimproved," and eight "not insane," and that thirty have "died," leaving four hundred and sixty-one patients in the asylum at the close of the year. It appears also that the daily average under treatment has been fourteen above the ordinary capacity of the house. By reference to one of the tables it will be seen that four thousand eight hundred and thirty patients have been received since the opening of the institution on the 16th January, 1843; that four thousand three hundred and sixty-nine have been discharged, of which number two thousand and seventeen were discharged "recovered," seven hundred and forty-three "improved," and ten hundred and twelve "unimproved;" that twenty-four were "not insane," and that five hundred and seventy-three have "died."

These brief statistics indicate to some extent what has been done and is doing by the institution for the relief of the insane of the State. If the individual history of its unfortunate inmates could be published, although it would be a tale of suffering and sorrow, it would present also such interesting evidence of alleviation, and of happiness and usefulness restored, as we think would speedily lead to much more ample and effective provisions than now exist, for the treatment and cure of the most afflictive malady to which mankind are subject. Instead of providing for four hundred and fifty unhappy sufferers, public beneficence would cheerfully tax itself to extend relief to the two thousand in the State, for whom there is no suitable accommodation either public or private.

The statistical tables also indicate the great labor which devolves upon the Superintendent and his immediate medical assistants; and the results of the operations of the institution are evidence of the skill, ability and fidelity, with which their duties have been performed. We renew our expression of confidence in the principal officer, and gladly unite with him in the testimony which he bears in favor of his associates, of the other officers, and of the great body of his attendants and assistants.

We venture once more to request the attention of the Legislature to the subject (to which we have already alluded) of the inadequacy of this asylum to meet the wants of the insane, and of the consequent necessity of the erection of other similar institutions; but the facts in relation to this subject have been so often and fully presented that we need now only to refer to our previous reports, and especially to the report of the Superintendent last year, and to what is said by him upon the same subject in the accompanying report. The fact stated by him that the increase of the ratio of insanity over the increase of the ratio of population of the State during the last twenty-five years, has been sixty per cent, is worthy of special attention.

We regret to be obliged to state that the law of the 13th April, 1855, requiring the Inspectors of the States prisons to make necessary and suitable provisions, in one of the prisons

for the care of insane convicts, and for the removal of such convicts from the asylum, remains still unexecuted; because, as we are informed, the means necessary for that purpose have not been at the disposal of the Inspectors. The convicts who were at the asylum, at the date of our last report, yet remain there. We again express the hope that the Inspectors will be enabled, at a very early day, to carry the law into effect.

Herewith, we likewise submit the annual report of the treasurer. It appears from this, that the ordinary receipts, (being chiefly from the counties and from private patients,) have been sufficient to meet the ordinary expenses of the year, leaving in the treasury, on the 30th of November, a balance of \$12,280.34; the greater part of which however would be required to meet the demands to be paid in the month of December. It is gratifying to know that the institution has been able to sustain itself during the last three years of extreme prices in materials, labor and provisions.

It also appears, by the treasurer's report, that we have expended during the year the sum of \$17,629.40 in prosecuting the work of heating and ventilating the buildings by steam, and in repairs and improvements connected therewith. To this is to be added the sum of \$6,611.56, which was due to the treasury, on the same account, at the date of our last annual report, (December 1, 1855,) making the sum of \$24,240.96 actually advanced and paid, beyond the amount received by the managers for carrying on the work here mentioned.

We have also incurred an indebtedness for an additional boiler, and for piping, castings and work, of about \$9,800, making a total of \$34,040.96, which is required to meet the present indebtedness.

In the winter of 1855, we caused careful estimates to be made of the expense of completing the system of heating and ventilating, and of repairs and improvements, which was particularly described in our reports of that year, and of the year 1856, and which estimates were submitted to the committee of ways and means of the last Legislature. The amount of those estimates

was \$57,993.27. The committee made a careful personal examination of the institution, and particularly of the work then executed in carrying out the plan of warming and ventilating the house, examined the estimates in detail, and were of the opinion that the amount asked for by the managers was proper and necessary, and prepared to recommend an appropriation of at least \$57,900, and accordingly inserted that sum in the supply bill; but which bill, as is known, the Legislature adjourned without finally acting upon. The work was in such a condition that it became obligatory upon the managers to carry on and complete certain portions of it, during the last summer and fall. We could not undertake to carry the institution through another winter without a better provision for the comfort, health and safety of the inmates of the male departments, than was afforded to them during the last and immediately preceding year. We concluded therefore, to complete the work for heating and ventilating, and the repairs (with some exceptions) of the north front wing; to construct the flues and pipe chambers, (including the piping,) the foul air flue and a part of the main fresh air flue, in the north rear wing, with a portion of the extensive repairs required in that wing; to build the flues and pipe chambers, (with the piping,) in the cross rear wing designed to be used for hospital and other purposes; to procure an additional boiler, which was indispensable, and to make some other necessary repairs. The portions of the work just mentioned, being deemed most essential, have been nearly completed, and at a cost, as has been stated, of about \$34,000.

We of course shall be obliged to pay interest upon the sum advanced by the bank, to defray the expenses of this work.

The fan and fanhouse for the north wings, the additional wards for the most disturbed class of patients, the mechanics' shops, the greater part of the work in the cross rear wing, and some important repairs, all mentioned in our last report, and all necessary to the completion of the plan in progress, have not yet been commenced.

In order to pay the sum above mentioned and to complete the whole work, we respectfully ask for as early an appropria-

tion of the amount of our estimates of the last year, (with a sum sufficient to meet interest on advances,) as to the Legislature may seem expedient.

In our two last reports we gave full descriptions of the additions, improvements and repairs for which appropriations were required, and in the report of 1856, we ventured to express our opinions, somewhat at length, in reference to the whole subject with which these matters were connected. We deem it unnecessary to repeat our views, and only beg leave to refer the Legislature to those reports.

It is a source of gratification to be able to say that our anticipations in respect to the great advantages of the new plan for heating and ventilating, and of the improvements and repairs connected with that plan, have thus far been fully realized, and to feel assured that the liberal appropriations by the Legislature have enabled us to accomplish an object, which we believe justifies the opinion expressed in our last report, that "the result would be beneficial, not only to the institution in our charge but to all similar institutions, and to the cause of science and humanity." The money has been wisely appropriated, and we believe as judiciously and economically expended as the nature and extent of the work, in connection with the condition of the buildings, permitted.

Upon this subject also, we refer with pleasure and with gratitude in the result, to the report of the Superintendent. We solicit attention to his remarks on the effect of the mechanical ventilation of the south wings of the house upon the health of the patients, and to the statement of the difference in the number of cases of disease, originating in impure atmospheric conditions, in the male and female departments, in the latter of which the ventilation by means of a fan is completed, and in the former is still effected by the spontaneous movement of warm air currents.

It will be observed that the rate of mortality in the whole house, has been only 4.30 per cent of the whole number treated, and 6.61 per cent of the average population during the year.

This is a lower percentage, on the number treated, than in any year since 1846, and lower on the average population than in any year except the first, since the opening of the institution.

In view of the results of the year, we find abundant reason for gratitude to the divine Benefactor, for his blessing upon the means which have here been used in alleviating the sufferings of a portion of our afflicted fellow beings, and we are encouraged to ask for a continuance of His favor, in our future efforts and labors.

All of which is respectfully submitted,

CHARLES A. MANN,

SILAS D. CHILDS,

S. N. DEXTER,

CHRISTOPHER MORGAN,

E. A. GRAHAM,

D. P. BISSELL,

JOSHUA A. SPENCER,

SPENCER KELLOGG.

TREASURER'S REPORT.

To the Managers of the New-York State Lunatic Asylum:

The treasurer of the asylum respectfully submits the following summary of his receipts and payments for the year ending November 30th, 1856.

General Account.

Receipts.—December 1, 1855, to December 1, 1856:

Balance from last account,	\$3,342	78
From sundry counties for the support of patients,,	58,669	35
" sundry private patients,	28,545	50
" the State Treasurer, for officers' salaries,....	5,984	75
" " for insane convicts,....	2,680	69
" " for Mark Jack, an Indian	85	11
" the steward, for hides, pelts, old lead, pigs, pork, &c., sold,.....	3,133	67
" the steward, for two horses sold,.....	250	00
" " on acc't of Journal of Insanity,	20	73
" G. W. Shaw, for collecting a draft,	29	
	\$102,712	87

Payments.—From December 1, 1855, to December, 1, 1856:

For provisions and household stores,.....	\$34,738	46
" furniture,	4,176	82
" attendants, assistants and labor,.....	17,213	66
" fuel and lights,.....	8,569	63
" miscellaneous expenses,.....	296	12
" books, stationery, &c.,	458	57
" steward's petty expenses,.....	900	00
" officers' salaries,	6,250	00

For medicines and medical supplies,.....	\$1,080 91
“ additions, alterations and repairs,.....	4,060 04
“ farm, barn, garden, and grounds,.....	4,984 12
“ clothing of patients,.....	6,624 72
“ patients' miscellaneous expenses,	855 27
“ sundry patiente, refunded on their discharge,.	224 21
“ balance in the treasury,.....	12,280 34
	<hr/>
	\$102,712 87
	<hr/>

*Account for warming and ventilating the buildings by steam, and
repairs and improvements connected therewith.*

There have been no receipts on this account since the date of my last annual report.

Payments—From December 1, 1855, to December 1, 1856.

Balance due the treasurer,	\$6,611 56
Cash for materials and work, according to report	
in detail,	17,629 40
Total balance due the treasurer,	\$24,240 96

Dated UTICA, *December 1st, 1856.*

EDM'D A. WETMORE,

Treasurer.

FOURTEENTH ANNUAL REPORT

OF THE SUPERINTENDENT OF THE NEW YORK STATE LUNATIC ASYLUM, FOR THE YEAR ENDING NOVEMBER 30, 1856.

To the Board of Managers of the Asylum:

GENTLEMEN—Herewith is submitted the report of the general condition and operations of the institution during the year.

	Males.	Females.	Total.
Number of patients at the commencement of the year,..	230	225	455
Received during the year,.....	141	101	242
Whole number treated.....	371	326	697
	<hr/>	<hr/>	<hr/>
Daily average under treatment,.....			454
Ordinary capacity of the house,.....			440
	<hr/>	<hr/>	<hr/>
Discharged recovered.....	59	41	100
" improved,.....	20	13	33
" unimproved,.....	32	33	65
Not insane,.....	7	1	8
Died,.....	22	8	30
	<hr/>	<hr/>	<hr/>
	140	96	236
	<hr/>	<hr/>	<hr/>
Remaining November 30, 1856.....	231	230	461
	<hr/>	<hr/>	<hr/>

During the year which has just closed, the institution has maintained its usual degree of prosperity. Though the daily average under treatment has uniformly been more than the house is fitted properly to accommodate, yet it will be observed that the number of admissions is not as large as usual. Still two hundred and forty-two new cases, is, we believe, a sufficiently

large number for an establishment of this size, to receive annually and treat with advantage. The diminution in the number of admissions is owing, in part, to the occupancy of several of the wards, during the spring and summer months, by workmen engaged in improvements and repairs connected with the continuance of the work of warming and ventilating the buildings; but mainly to the fact, that few patients have been transferred to the poor houses to make room for others. Of the ninety eight, discharged improved, and unimproved, but twenty-four were taken to county houses. Most of the others returned to their friends, in a condition to be made comfortable at home, without interfering materially with the general welfare of their families. Indeed, in some instances among those discharged unimproved, especially cases of mania which had subsided into a state of incomplete dementia, the removal proved beneficial, and we afterwards received the gratifying intelligence that they not only were no burden, or special care, but had actually become useful, and a source of comfort to their friends. A third cause of this diminution is one which obtains in all similar institutions, namely, the gradual accumulation of incurables, who from certain propensities, habits and peculiarities, it would be unsafe and improper to discharge.

The general health of the household has been remarkably good throughout the year. The same striking contrast, noticed in my last report has, however, been observed in the general standard of health among attendants as well as patients, in that part of the asylum ventilated by the fan, and that portion to which this improvement has not yet been extended. The only disease which prevailed, to any extent, was a form of continued fever, slightly remittent at the commencement of the attack, but which soon assumed a marked typhoid type. The first case appeared in the latter part of July and was immediately followed by others. The peculiar features of the disease, and the fact that these cases occurred in dormitories in the immediate vicinity of the main sewers, led us to suspect the existence and operation of some local cause. A close examination resulted in the discovery of numerous rat-holes opening directly beneath the

windows of these dormitories, and communicating with the main sewers, through a series of tile and cobble drains, originally laid down probably with a view of draining the surface of the ground and the foundations of the building. Rats, following up the central sewer from the river, had entered the tile and cobble drains, forming numerous cavities in their course, and finally, for the purpose of gaining access to the building, through the low basement windows, had emerged as above described. The light carburetted gases arising from the wash of the gas works, (which, passing through a special drain, empties into the central sewer at some distance from the house) mingling with the heavier and noxious gases of the sewer became a vehicle for the latter, and conveyed them up into the tile and cobble drains and the excavations connected with them. These deleterious exhalations, emerging from the orifices thus provided for them, were carried either to or away from the building, according to the course of the wind.

No new cases occurred in these localities after the removal of this source of atmospheric poison. Afterwards, however, in the wards where the workmen were engaged in relaying partially decayed floors, and removing the old wash and bath rooms, the fever re-appeared, and though every precaution was taken, such as the immediate removal of decayed boards and all offensive materials, the free use of lime and disinfectants, cases continued to occur until the repairs, in these wards, were entirely completed. As confirmatory of the local origin of these cases, I mention the fact that upon the appearance of frost the disease did not subside, and that some of the workmen engaged in removing the rubbish were afterwards attacked. Of the twenty-six cases of fever three died, one patient, and two of our most valuable employees.

The proportion of diseases having their origin more particularly in impure atmospheric conditions, in the male and female departments, is about the same as last year, as will appear from the following statistics.

<i>Male Department.</i>		<i>Female Department.</i>	
Continued fever,	17	Continued fever,	6
Intermittent fever,	4	Intermittent fever,	2
Erysipelas,	4	Erysipelas,	1
Dysentery,	6	Simple fever,	3
		Dysentery,	1

Through the summer and autumn, diarrhoea prevailed, more or less, among the male patients, while on the other side of the house but seven cases occurred throughout the entire year.

Among the cases of fever, in some instances, there was a subsidence in the activity of the mental affection during the attack while in others there was no appreciable abatement. The larger number of cases occurred in persons who had been but a short time residents of the institution; and as frequently observed by those familiar with insanity, several recent cases of mental disease began to improve simultaneously with the invasion of bodily sickness. In one case of melancholia, and three of acute mania, the improvement continued until their final restoration. Many points of great professional interest were observed during the history and treatment of this form of fever, as it appeared in the institution, but the limits of an annual report forbid any extended remarks in relation to it.

The rate of mortality is even lower than that of last year, and below that of any preceding year since 1846. The number of deaths is 4.30 per cent. of the whole number treated, and 6.61 per cent. of the average population of the house.

The annexed table presents the causes of death in each case, terminating fatally, and the attendant form of mental disease at the time of admission.

TABLE.

CAUSE OF DEATH.

FORM OF MENTAL DISEASE.

2

Acute mania,
Sub-acute mania,
Chronic mania,
Dementia,
Senile dementia,
General paralysis,
Delirium of disease,
Epilepsy,

	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F	Total.
Exhaustion from mental disease.	3	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	5
General paralysis.																	1
Epilepsy.																	1
Suicide.																	1
Phtisis pulmonalis.																	1
Malaria cachexia.																	1
Chronic nephritis.																	1
Fibrinous concretion of heart.																	1
Ovarian dropsy.																	1
Remittent fever.																	1
Gangrene of lung.																	1
Old age.																	1
Total.	6	1	6	..	2	..	1	1	3	2	2	..	1	..	1	..	22
																	8

One of the above cases died a few hours, and two a few days after admission, from the immediate effects of exposure and fatigue, consequent on the journey hither, while in a state of exhaustion. Deceived by manifestations of seeming strength, few seem to realize the danger of removing acute cases of insanity a great distance. Several, brought during the severe winter weather from remote parts of the State, were severely frozen on the way.

TABLE

Showing the percentage of deaths on the whole number treated, and on the average population for fourteen years:

YEAR.	Deaths.	Whole num- ber treated.	Percentage.	Average population.	Percentage.
1843,.....	7	267	2.53	109	6.42
1844,.....	16	471	3.39	236	6.78
1845,.....	21	553	3.79	265	7.92
1846,.....	22	622	3.53	283	7.77
1847,.....	48	802	5.98	415	11.56
1848,.....	86	877	9.80	474	18.14
1849,.....	69	857	8.05	454	15.19
1850,.....	51	816	6.25	433	11.77
1851,.....	48	795	6.03	440	10.91
1852,.....	39	825	4.72	441	8.84
1853,.....	39	849	4.59	423	9.22
1854,.....	65	836	7.75	444	14.63
1855,.....	32	725	4.41	467	6.85
1856,.....	30	697	4.30	454	6.61

The inadequacy of the institution to meet the increasing wants of the insane of the State, is becoming more and more widely felt. Most painfully has this been impressed upon hundreds, whose friends we have been unable to admit, and who have been compelled to retain them at home, and see them gradually sink into a state of incurability; or remove them, often at the risk of life, an inconvenient distance from their families, to such asylums abroad as were willing to receive them. It is certainly no credit to the State that her sick cannot be treated within her borders, but must seek in other States what they should find at their doors.

From the numerous applications for admission we have been obliged to select those surrounded by the most afflictive circumstances, and receive them in the order of application, making exceptions in homicidal and suicidal cases. The result has been, the admission of a number of old, yet greatly afflicted patients. In our efforts to make the institution fulfil the greatest possible good for the State, the superintendents of the poor and the county judges, on whom the duty of providing for the poor and indigent insane devolves, have, with few exceptions, warmly co-operated with us.

. There has been, however, a disposition on the part of some of the county officers, to send none to the asylum; and of others to send us only such as they found it impossible to control, and to retain all other recent cases in the county houses. Such a course, if persisted in to any considerable extent, would ultimately subvert the policy of the State, as implied in the erection of special institutions for the insane, and deny to these afflicted persons the rights guaranteed to them by the humane enactments of the law in their behalf.

In one county where all the insane were, during the year, committed to the care of the superintendents, all were placed in the poor house for *medical treatment*. Application was made to the asylum for but one, and in this instance not until a *continuous confinement in iron handcuffs and footlocks, and being chained to the floor for six months*, had failed to subdue the patient. Then the officer wrote: "We have a man so violent and dangerous that we wish to place him in the asylum." He was brought to us in the irons above mentioned, which were so firmly rusted that they could not be unlocked, but had to be filed off. *This man has worked steadily on the farm, and with the carpenter at his trade, since the day after his arrival.* We are willing to express the opinion that such barbarous treatment is not the offspring of wanton cruelty, but rather the result of ignorance, and a mistaken idea of economy, on the part of such officers. Other instances of an equally painful, and some of a more degrading character, have come to our notice, all enforcing the

imperative necessity of some further means for the proper treatment of this unfortunate class of citizens, and of some legal enactment for their protection against unnecessary and cruel abuses.

We are happy to know that such things are by no means sympathised with by the superintendents of the poor, as a body, on the contrary, a very large majority of them are well aware of the great and growing evils of the present policy, and spare no efforts within their power, to alleviate that which they cannot redress or eradicate.

The superintendents of the poor have shown much intelligence, foresight, and humanity, in the memorial they presented to the Legislature during its last session. In that document, they assume "that insanity is a disease requiring in all its forms and steps special means for treatment and care," and declare as the conviction of their experience, that "no insane person should be treated, or in any way taken care of, in any county poor or alms house, or other receptacle provided for, and in which paupers are maintained or supported." They urgently appeal to the Legislature, on grounds of economy as well as humanity, for the establishment of other asylums in the State. The facts set forth in the memorial and sustained by the report of the Secretary of State, relative to the poor for 1856, exhibit an alarming increase of insanity, and should arrest the attention of every thoughtful citizen of the State. It appears from these documents, that the increase of insanity, over the increase in the ratio of the population of the State for the past twenty-five years, is sixty per cent! To prove that this increase is not a legitimate one, but the result of the defective and inadequate system which has prevailed regarding the care of the insane poor, it is only necessary to state, what the memorial further shows, that the average ratio provided for in asylums for thirteen years previous to 1854, was one to three, *and during the year 1854 but one in every seven received any further treatment than mere confinement.*

No provisions have yet been made by the State Prison Inspectors to carry into operation the law, passed during the legislative session of 1854, directing the erection of an asylum, in connection with one of the prisons, for the treatment and care of insane

convicts, and providing for the removal of those of that class, now in this institution to such asylum. The Prison Inspectors in their last report fully adopt the views entertained by the officers of this institution on the subject, and request the appropriation of a sum of money sufficient to erect such an establishment.

The experience of another year, under peculiarly favorable circumstances for observation, has further demonstrated the superiority over all others of the system of ventilation adopted and in use in the south wing. In the two departments of the institution, the north and south wings identical in situation, size, relative position and general arrangement, we have had an opportunity of witnessing in operation, side by side, two systems of ventilation. In the former a system of ventilation dependent upon the spontaneous action of warm air currents, and in the latter, one in which we rely solely upon the action of a fan. With the same number of patients, of similar peculiarities of life and habit in each department, no better occasion could possibly be desired for testing the comparative merits of the two systems.

Though the ventilation in the north wing has been good, when compared with that of most public institutions, still, by reference to the list of diseases prevalent in the respective wings as presented upon a previous page, a very striking disproportion is observed. The almost entire immunity of the female patients from those diseases incident to atmospheric impurity is certainly a very important fact. Nothing further than the experience of the past year alone is necessary to prove the entire efficiency of this system and the wisdom of the expenditure incurred in securing its adoption; and, at the same time, no stronger argument is required in urging the entire and early completion of the work, and the extension of the benefits to those occupying the other wing.

In a climate such as this it is impossible for invalids, whether such from mental or physical diseases, to take much out-door exercise during the winter months; yet to no class of persons

is a constant and abundant supply of fresh air, and the maintenance of a uniform degree of temperature in the apartments they occupy, so essential. These conditions, however, in buildings occupied by a large number of persons, can be secured only by a system of forced ventilation, connected with the warming apparatus, and making provision for the expulsion of foul air, in the same proportion, and simultaneously with the admission of fresh air.

We were able, during the extreme cold weather of last winter, by introducing the requisite amount of air at 90° , to maintain throughout the female department an average temperature of 70° , which we found to be about the point necessary, in a constantly changing atmosphere. The external sensations of warmth experienced in an atmosphere warmed to this degree, and so rapidly changed, is not greater than that which would be experienced in an apartment at 68° , dependent for its supply of air upon the spontaneous action of warm air currents. The difference is quite as appreciable as that experienced in a still summer atmosphere, and one of equal temperature relieved by a gentle breeze.

In this connection the following synopsis of the weather by our chaplain, the Rev. C. E. Goodrich, will be of interest, as indicating the difficulty a warming apparatus has to encounter in this region :

" During the winter of 1855 '6 cold weather began in the evening of December 23, and continued until and through February 19 without abatement, a period of fifty-eight days. During all this time the eaves on the east side of houses did not drop on more than three or four days, nor did the surface of the snow soften except a little on January 3, 13, 17 and 18. But through this whole period there was no thawing in the highways, except in the sheltered streets of our city. During this period of fifty-eight days of continuous cold there were thirteen mornings below zero. February 13, the thermometer stood 17° below zero at sunrise, at zero at noon, and 14° degrees below zero on the morning of the 14th, followed by a day nearly as cold as the

preceding. The following morning was again 13° below zero : thus there were probably thirty-six continuous hours at or below zero, with an elevation only for a short period above that point. Subsequently on the mornings of March 9 and 10 the depression was respectively 15° and 20° below zero. After the loss of a very little snow from February 19 to 29, there was no more thawing until March 16."

In connection with the improvements and repairs now in progress in the buildings, we would urge the necessity of relaying the main sewer for some distance from the house until it reaches a point where the fall is sufficient to ensure the removal of the sewerage with such rapidity as to allow of no accumulation; also the continuance of the special drain carrying away the wash of the gas house, and its introduction into the main sewer, at a greater distance from the institution. I am well aware of the expense of such an undertaking, but knowing its importance in a sanitary point of view, consider it an indispensable work.

It is to be regretted that there are difficulties in the way of carrying out the contemplated improvement for ventilating all the water closets downward by connecting them with the boiler smoke stack, especially as the chimney is fitly constructed for such a purpose. We are inclined to believe, however, that a connection can readily be made, and at no great expense, between most of the closets and the ash pits of the boilers. This plan meets with the approbation of our engineer, who has already made some experiments with the view of testing its feasibility. This latter arrangement, if effective, would combine, with ventilation, the advantage of destroying, by combustion, the noxious gases from the closets, which, if passing *directly* to the chimney, would be carried into the atmosphere not greatly modified.

STATISTICS.

General statistics of the Asylum from its opening, January 16, 1843, to December 1, 1856.

Total number of admissions,.....	4,830
" of discharges,.....	4,369
" discharged recovered,.....	2,017
" improved,.....	743
" unimproved,.....	1,012
" died,.....	573
" not insane,	24

Ages of those admitted, and those discharged recovered, during the year ending November 30, 1856.

AGE.	ADMITTED.			DISCHARGED RECOVER'D		
	Male.	Female.	Total.	Male.	Female.	Total.
From 10 to 20,.....	7	8	15	6	2	8
20 to 30,.....	47	36	83	22	13	35
30 to 40,.....	30	25	55	10	13	23
40 to 50,.....	26	22	48	8	7	15
50 to 60,.....	17	10	27	8	5	13
60 to 70,.....	11	11	4	1	5
70 to 80,.....	3	3	1	1
	141	101	242	59	41	100

Civil condition of patients admitted.

Married,	120
Single,	109
Widows,	5
Widowers,	8
	242

EDUCATION.

Academic,	22
Common,	164
Reads and writes,	37
Reads,.....	9
None,	10
	—
	242
	==

OCCUPATION

Of 242 patients admitted.

Farmers,	47
Farm laborers,	20
Laborers,	7
Merchants,.....	2
Teachers,	4
School boys,.....	2
Carpenters,.....	4
Clerks,	6
Blacksmith,	1
Clergymen,	1
Physicians,	3
Lawyers,	5
Shoemakers,	3
Painters,	3
Gardeners,	2
Hatter,	1
Tailor,.....	1
Salt boiler,.....	1
Stone cutter,	1
Speculator,	1
Mason,	1
Editor,	1
Printers,	2

Daguerreotypist,	1
Iron founder,	1
Machinists,	4
Bar keeper,	1
Housekeepers,	60
Housework,	20
Seamstresses,	9
Factory operative,	1
School girls,	5
Sadler,	1
Carriage makers,	2
Ink manufacturer,	1
Engineers,	2
Piano manufacturers,	2
Coopers,	2
Music teacher,	1
Currier,	1
Cabinet maker,	1
Sailor,	1
Tinsmith,	1
No occupation,	6
		—
		242
		—

NATIVITY.

New-York,	166
Ireland,	21
England,	16
Vermont,	9
Germany,	5
Massachusetts,	5
Scotland,	3
Pennsylvania,	3
Wales,	3
New-Hampshire,	2
France,	2

Connecticut,.....			1
Rhode Island,			1
New-Jersey,			1
Sweden,			1
New-Brunswick,			1
Sandwich Islands,.....			1
Russia,			1
			—
			242
			—

FORM OF INSANITY.

	Males.	Females.	Total.
Acute mania,.....	39	22	61
Sub-acute mania,	5	13	18
Periodic mania,.....	14	6	20
Paroxysmal mania,.....	3	1	4
Chronic mania,	3	3	6
General paralysis,.....	2	..	2
Hysteromania,	2	2
Hysteria,	2	2
Melancholia,	9	6	15
Hypochondriasis,	1	1
Dementia,.....	47	45	92
Senile dementia,.....	2	..	2
Dementia with epilepsy,.....	1	..	1
Dementia with general paralysis,.....	1	..	1
Mania with epilepsy,	3	..	3
Imbeciles,	2	..	2
Drunkards,	5	..	5
Delirium of disease,.....	1	..	1
Mania a potu,	2	..	2
Feigned insanity,	1	..	1
Catalepsy with dementia,	1	..	1
	—	—	—
	141	101	242
	—	—	—

PROBABLE CAUSE OF DERANGEMENT.

	Males.	Females.	Total.
Intemperance and vice,.....	27	2	29
Vicious habits and indulgences,.....	17	2	19
Popular errors,.....	2	1	3
Puerperal,.....	..	9	9
Domestic trouble,.....	3	10	13
Defective training,.....	..	1	1
Grief and anxiety,.....	1	8	9
Hereditary predisposition,.....	8	3	11
Predisposition from previous attacks,	8	1	9
Epilepsy,.....	4	..	4
Business perplexities,.....	9	1	10
Menstrual irregularities,.....	..	3	3
Injuries of head,.....	1	..	1
Want and destitution,.....	3	5	8
Disappointed in love,.....	..	1	1
Loss of sleep,.....	2	..	2
Exhaustion from heat,.....	1	..	1
Uterine diseases,.....	..	4	4
Ill health,.....	23	14	37
Excessive labor and anxiety,.....	12	5	17
Feigned to escape punishment,.....	1	..	1
Congenital imbeciles,.....	1	..	1
Excessive labor and exposure,.....	3	..	3
Otalgia,	1	1
Paralysis,	1	..	1
Apoplexy.....	1	..	1
Tuberculosis,.....	2	..	2
Injury of hip,.....	..	1	1
Syphilitic,.....	1	..	1
Disease of ear and brain,	1	1
Unascertained,.....	10	28	38
	141	101	242

Thirty-three of the above, eighteen males and fifteen females, manifested a strong suicidal disposition, and one of the former and three of the latter, were, at the time of admission, suffering from wounds, more or less severe, inflicted for the purpose of self destruction. In one male an irresistible impulse to homicide, with perfect consciousness of the tendency, was the prominent symptom in his case. In one male, and two females, the same homicidal disposition was conjoined with an equally strong suicidal impulse. The latter succeeded in destroying the lives of four of her children at once, severely injured a fifth, and inflicted a dangerous wound upon herself. This unhappy propensity therefore existed in thirty-seven cases, or 15.70 per cent. of those admitted. This unusual proportion, however, is, in part, explained by the fact that applications for the admission of such cases received preference over all others, and were in no instance rejected.

The relative influence of occupation in the production of insanity.

The number of farmers, and those whose occupation leads them to physical employment, is, as usual, large. This experience is not only our own, where it might be expected to occur in an institution similarly situated in an agricultural district, but of others differently circumstanced. This has led to the supposition that this number was a disproportionately large one, and consequently the intelligent inquiry why an occupation should be so frequently productive of insanity, and at the same time stand as a means so conducive of restoration.

An examination of several thousand cases of insanity occurring in persons having occupation, and a comparison with the occupied portion of the inhabitants of the State, leads me to the opinion, that there is a law of uniformity of attack. Farmers, farm laborers, artisans in wood and in the metals, enjoy an exemption from the proportionate frequency of attack, while persons engaged in literary pursuits, speculators, merchants, are more frequently the victims of mental disease.

HEREDITARY PREDISPOSITION.

	Males.	Females.	Total.
Paternal branch of family,	17	11	28
Maternal " "	18	17	35
Paternal and maternal,.....	1	1	2
Insane relatives, brothers, sisters, cousins &c.	5	2	7
	—	—	—
	41	31	72
	—	—	—

The above table shows hereditary predisposition in 29.75 per cent of the number admitted.

TABLE

Showing the duration of insanity previous to admission, and the period under treatment, of the one hundred discharged recovered.

	Duration before Admission.			Under Treatment.		
	M.	F.	Total.	M.	F.	Total.
Under three months,.....	39	27	66	16	3	19
" six "	12	10	22	17	11	28
" twelve "	4	1	5	14	12	26
Over one year and less than						
three	2	..	2	12	12	24
" three " " five, ..	1	1	2	..	3	3
" five " " ten,
" ten years,.....	1	2	3
	—	—	—	—	—	—
	59	41	100	59	41	100
	—	—	—	—	—	—

It will be observed from the above table, that ninety-three, or 93 per cent. of those recovered, were placed under treatment within a year after the invasion of the disease, and seventy-three or 73 per cent. were restored in less than a year.

Table showing the form of disease in those discharged recovered.

	Males.	Females.	Total.
Acute mania,.....	25	14	39
Sub-acute mania,	4	5	9
Periodic mania,.....	12	6	18
Chronic mania,	3	..	3
Hysteromania,	2	2
Melancholia,	4	3	7
Dementia,.....	9	9	18
Mania a potu,.....	2	..	2
Paroxysmal mania,.....	..	2	2
	—	—	—
	59	41	100
	—	—	—

Table showing the percentage of recoveries on the average population, and admission of each year.

YEAR.	ON AVERAGE POPULATION.			ON ADMISSIONS.		
	Average population.	Recovered.	Percentage.	Admitted.	Recovered.	Percentage.
1843..	109	53	48.62	276	53	19.20
1844..	236	132	55.93	275	132	48.80
1845..	265	135	50.94	293	135	46.07
1846..	283	133	46.99	237	133	39.46
1847..	415	187	45.06	428	187	43.69
1848..	474	174	36.70	405	174	42.96
1849..	454	203	44.71	362	203	56.07
1850..	433	171	39.49	367	171	46.59
1851..	440	112	25.45	366	112	30.60
1852..	441	156	35.37	390	156	40.00
1853..	423	169	39.95	424	169	39.85
1854..	444	164	37.16	390	164	42.05
1855..	467	128	27.40	275	128	46.54
1856..	454	100	22.24	242	100	41.73

Number of patients admitted from each county during the year ending November 30, 1856, the number remaining at its close, and how supported.

COUNTIES.	HOW SENT.			REMAINING.		
	Public.	Private.	Total.	Public.	Private.	Total.
Albany,	4	3	7	17	4	21
Allegany,	1	1	2	2	2	4
Broome,	2	2	5	5
Cattaraugus,	1	1	4	4
Cayuga,	7	6	13	17	6	23
Chautauque,	7	7	7	7
Chemung,	1	1	3	3
Chenango,	7	2	9	6	3	9
Clinton,	1	1	4	4
Columbia,	2	1	3	3	3	6
Cortland,	1	1
Dutchess,	4	2	6	9	1	10
Delaware,	1	1
Erie,	1	6	7	2	5	7
Essex,	2	2	4	4
Franklin,	1	1	1	1
Fulton,	1	1	2	1	1	2
Genesee,	1	1	1	2	3
Greene,	2	2	5	5
Herkimer,	5	3	8	6	4	10
Jefferson,	1	1	2	4	1	5
Kings,	1	1	1	1
Lewis,	3	1	4	4	4
Livingston,	2	2	2	1	3
Madison,	9	4	13	10	9	19
Monroe,	6	7	13	22	3	25
Montgomery,	1	1
New-York,	2	2	3	4	7
Niagara,	4	1	5	7	2	9
Oneida,	12	10	22	34	13	47
Onondaga,	11	5	16	13	4	17
Orange,	3	1	4	5	3	8
Orleans,	2	1	3	3	3
Ontario,	2	3	5	4	8	12
Oswego,	5	1	6	11	4	15
Otsego,	7	1	8	10	2	12
Queens,	1	1	2	2	1	3
Rensselaer,	8	1	9	21	2	23
Richmond,	1	1
Saratoga,	2	1	3	7	7
Schenectady,	1	1	3	1	4
Schoharie,	2	2	6	6
Schuyler,	4	1	5	5	1	6
Seneca,	2	1	3	4	2	6
St. Lawrence,	3	1	4	5	3	8
Steuben,	1	1	7	1	8
Suffolk,	2	2	6	6
Sullivan,	4	4
Tioga,	2	2	4	2	6
Tompkins,	3	1	4	2	2
Ulster,	2	2	8	8
Warren,	1	1	2	2
Washington,	1	6	7	3	4	7
Wayne,	2	1	3	3	2	5
Westchester,	2	2	4	1	5
Wyoming,	1	1	3	3
Yates,	2	2	4	4	4
Auburn prison,	6	6
Clinton prison,	2	2
Sing Sing prison,	12	12
Other States,	1	1	1	1
	156	86	242	352	109	461

The matron reports the following articles made by the female patients and attendants, in addition to the mending in the house:

Sheets,	712
Pillow cases,	609
Curtains,	70
Towels,	790
Mattrass ticks,	85
Straw ticks,	148
Table cloths,	185
Shirts,	521
Drawers,	482
Wrappers,	386
Socks,	233
Cravats,	34
Pocket handkerchiefs,	279
Aprons,	162
Dresses,	487
Chemises,	434
Night dresses,	177
Caps,	100
Skirts,	192
Hose,	113
Sacks,	76
Bonnets trimmed,	70
Comfortables,	158
	6,503

The steward presents the following report:

The various shops have been in successful operation throughout the year, and yielded pleasant employment to large numbers of our patients.

Report of the farm and garden.

Hay, 25 tons, at \$10,	\$250 00
Corn stalks, 15 tons, at \$5,	75 00
Oats, 250 bushels, at 40c.,	100 00
Potatoes, 1000 bushels, at 38c.,	380 00

Green peas, 460 bushels, at 50c.,	230 00
Seed peas, 12 bushels, at \$2,	24 00
String beans, 1200 bushels, at 50c.,.....	600 00
Seed beans, 20 bushels, at \$1.50,.....	30 00
Cranberry beans, 160 bushels, at \$1.50,.....	240 00
Lima beans, 500 bushels, at \$1.50,	750 00
Beets, 760 bushels, at 30c.,.....	228 00
Onions, 700 bushels, at 50c.,	350 00
Peppers, 15 bushels, at \$1.75,	26 25
Carrots, 1800 bushels, at 25c.,	450 00
Parsnips, 400 bushels, at 25c.,..	100 00
Turnips, 1050 bushels, at $37\frac{1}{2}$ c.,.....	393 75
Salsify, 100 bushels, at \$1.25,.....	125 00
Cucumbers pickled, 34 barrels, at \$2.75,	93 50
Cucumbers, early, 35 bushels, at \$1,.....	35 00
Spinach, 800 bushels, at $18\frac{3}{4}$ c.,.....	150 00
Parsley, 300 bunches, at $18\frac{3}{4}$ c.,	56 25
Pepper grass, 130 bunches, at $12\frac{1}{2}$ c.,.....	16 25
Cauliflowers, 1000 heads, at 9c.,	90 00
Cabbage, 7,000 heads, at 5c,	350 00
Celery, 6,200 heads, at 4c,.....	248 00
Asparagus, 4,500 bunches, at 6c,.....	270 00
Lettuce, 36,000 heads, at 1-2c,	180 00
Rhubarb, 9,000 bunches, at 4c,.....	360 00
Summer squash, 3,600, at 2c,.....	720 00
Winter squash, 3,600, at 4c,	144 00
Currants, 6,000 quarts at 5c,.....	300 00
Gooseberries, 80 quarts, at 6c,	4 80
Raspberries, 700 quarts, at 8c,.....	56 00
Strawberries, 1,500 quarts at 14c,.....	210 00
Sage, 60 lbs, at 25c,	15 00
Tomatoes, 500 bushels, at 75c,.....	375 00
Pears, 12 bushels, at \$2.50,.....	30 00
Pumpkins, 1,200, at 2c. each,.....	24 00
Sweet corn, 350 bushels, at $37\frac{1}{2}$ c,.....	131 25
	<hr/>
	\$8,211 05
	<hr/>

Stock on farm.

Five horses, two yoke of oxen, two bulls, nineteen cows, one heifer, one hundred and ten hogs.

Amount received for pigs sold and pork slaughtered for use of house,.....	\$1,724 19
Value of swine on hand,.....	1,226 50
	<hr/>
	\$2,950 69

Value of swine on hand at commencement

of year,.....	\$1,412 00
Amount paid for feed for same,	317 50
	<hr/>
	1,729 50
	<hr/>
	\$1,221 19
	<hr/>

The usual religious services have been conducted throughout the year without interruption, by our chaplain, Rev. Chauncey E. Goodrich, and we trust with benefit to attendants and patients. We would express our thanks to Rev. Dr. Fowler, and Rev. Mr. Barrows, of Utica, and to Rev. Dr. Lothrop, of Boston, and Rev. Mr. Bronson, of Kinderhook, who on several occasions filled our pulpit.

The institution is indebted for liberal donations of books, to the American Bible and Tract societies, and to Hon. William H. Seward, Hon. Charles Mason, Hon. O. B. Matteson, Hon. E. J. Richardson and Gen. R. U. Sherman, for books and valuable public documents. We are under continued obligations to the Utica Mechanics' Association for repeated courtesies, and many favors extended to our household. To R. S. Greenwood, Esq., proprietor of the Bunyan Tableaux, and W. B. Hamilton, Esq., proprietor of Waugh's Italia, we are indebted for opportunities to visit their series of paintings. Our thanks are also due to Professor B. Yates, of New-York city, and his ballet and pantomimic troupe, who kindly gave us an entertaining exhibition in full dress and costume. To the Euphonians we are indebted for a very pleasant concert. To Professor S. A. Kennicutt, the accomplished organist of Westminster church, in this

city, who has rendered much valuable assistance to the chapel choir, we are under special obligation.

Though you are well aware of the faithfulness and devotion of the medical officers associated with me, and of the large amount of unusual duty they have discharged, (on account of the improvements and external repairs necessarily occupying so much of my time) still I cannot resist the pleasant duty of publicly acknowledging the great indebtedness of the institution to their skill and untiring labors.

Mr. H. N. Dryer and Miss Elizabeth Howard have filled the offices of steward and matron and have devoted themselves zealously to their respective duties.

To the devotion of the attendants, and assistants and their efforts to discharge acceptably their arduous duties, much of our success is due; and it gives me pleasure to testify to the general fidelity and generous sacrifices of personal comfort they have usually been willing to make.

Allow me gentlemen to express to you my obligations for the aid you have afforded me in the conduct of the institution by your counsel and experience, and for your personal kindness which has lightened many of my cares.

With devout gratitude to God for the blessings of the past, and imploring His continued favor and guidance, we enter upon the duties of another year.

JOHN P. GRAY.

State Asylum, Utica, Nov. 30, 1856.

APPENDIX.

For the information of those who may desire to place their friends in this institution, we add the law regulating the admission of patients :

Reference to laws passed by the Legislature relative to insane persons.

Part 1, chap. 20, title 3, art. I of the Revised Statutes, "of the safe keeping and care of lunatics."

Session Laws, 1842, chap. 135, "An act to organize the State Lunatic Asylum, and more effectually to provide for the care, maintenance and recovery of the insane."

Session Laws, 1850, chap. 282, sec. 2, relating to sending indigent insane persons, not paupers, to the asylum.

Session Laws, 1851, chap. 446, amending the law respecting indigent insane persons.

"Each county may at all times have one indigent insane patient in the asylum, whose disease at the time of admission was a first attack, and did not exceed six months; and such further number of either old or recent cases as the asylum can accommodate, in proportion to the insane population of the county. The patients shall be designated by the superintendents of the poor, or, if the county has no such superintendents, by the first judge. (Chap. 135, Session Laws, 1842, sect. 25.)

"The county superintendents of the poor of any county, and any overseers of the poor of any town to which any person shall be chargeable, who shall be or become a lunatic, may send such person to the lunatic asylum by an order under their hands."

Under this law, an order of the superintendent of the poor for the county, or of the overseers of the poor of the town to which the patient is chargeable, and which pays the expense without recourse to the county, is all that is necessary for admission of any poor person. Where the order is made by the overseers of the poor of a town, it should be stated that the town alone is liable for the support of the patient, and not the county.

The order of a county judge secures the admission of *indigent* persons, not *paupers*, in which order it must be stated that the applicant became insane within one year prior to the date of the order.

Sec. 26 of act of 1842 is as follows:

"When a person in indigent circumstances, not a pauper, becomes insane, application may be made in his behalf to the first judge of the county where he resides; and said judge shall call two respectable physicians and other credible witnesses, and fully investigate the facts of the case, and either with or without the verdict of a jury, at his discretion, as to the question of insanity, shall decide the case as to his indigence. And if the judge certifies that satisfactory proof has been adduced showing him insane, and his estate is insufficient to support him and his family (or, if he has no family, himself,) under the visitation of insanity, on his certificate, authenticated by the county clerk and seal of the county court, he shall be admitted into the asylum, and supported there at the expense of said county, until he shall be restored to soundness of mind, if effected in two years. The judge in such case shall have requisite power to compel the attendance of witnesses and jurors, and shall file the certificate of physicians, taken under oath, and other papers, with a report of his proceedings and decision, with the clerk of the county, and report the facts to the supervisors, whose duty it shall be, at their next annual meeting, to raise the money requisite to meet the expenses of support accordingly."

The above law was changed by chap. 282, Session Laws, 1850, sec. 2 of which is as follows:

"No person in indigent circumstances, not a pauper shall be admitted into the asylum on the certificate of a county judge, made under and pursuant to the provisions of the twenty-sixth section

of the "Act to organize the State Lunatic Asylum, and more effectually to provide for the cure, maintenance and recovery of the insane," passed April 7th, 1842, unless such person has become insane within one year next prior to the granting of such certificate by the county judge; and it shall be the duty of said judge, when an application is made to him, pursuant to said twenty-sixth section of said act, to cause such reasonable notice thereof, and of the time and place of hearing the same, to be given to one of the superintendents of the poor of the county, chargeable with supporting such person in the asylum, if admitted, or if such expense is chargeable to a town, or city, then to an overseer of the poor of such town, or city, as he may judge reasonable under the circumstances, and he shall then proceed to enquire as to the time when such person became insane, and shall, in addition to the requirements of said twenty-sixth section, state in his certificate that satisfactory proof has been adduced before him, that such person became insane within a year next prior to the date of his certificate. On granting such certificate, the judge may, in his discretion, require the friends of the patient to give security to the superintendent of the poor of the county, to remove the patient from the asylum at the end of two years, in case he does not sooner recover. When a patient, who is admitted into the asylum on the certificate of the county judge, given pursuant to the twenty-sixth section of the aforesaid act, has remained in the asylum two years, and has not recovered, the superintendent of the asylum shall send notice by mail to the overseer of the poor of the town where the patient resided at the time of his admission into the asylum, or to the county judge of the county from which he was sent, that such patient has remained two years in the asylum and has not recovered, and that he should be removed from the asylum, and that in case he is not removed, the expense of his support will be chargeable to the county, until he is so removed, and then such expense shall be chargeable to the county accordingly; but in every case where a patient admitted into the asylum, pursuant to the provisions of the twenty-sixth section of said act, shall have remained there two years, and has not recovered, the managers of the asylum may, in their discretion, cause such patient to be returned to the county from which he came, and charge the expense of such removal to the county."

The object of this humane provision is undoubtedly to extend the benefits of this institution to persons with limited means,

whose insanity is of a recent date, and therefore probably curable, and if recovered in the space of two years, restoring them to their families, and their property unimpaired, and saving them from the paralyzing influence upon their future life, of finding themselves by the loss of health and reason, reduced to beggary. Patients sent through this channel, generally supply their own clothing, and pay their traveling expenses to and from the asylum. If not recovered in two years, the law requires that they then be removed, and if their friends do not remove them, the superintendents of the poor may have the disposal of them, or they may be sent to the county from which they came.

" Whenever there are vacancies in the asylum, the managers may authorize the superintendent to admit, under special agreements, such recent cases as may seek admission under peculiarly afflictive circumstances, or which, in his opinion, promise speedy recovery."

Patients supported by their friends are received without any other papers than certificates from county or bank officers, or other prominent individuals, of the ability of those who become bound for their support in the asylum, to meet all expenses, incurred. The form of agreement entered into by the person or sureties who become bound for the patient admitted, is as follows:

Whereas, _____ of the town of _____, in the county of _____, an insane person, has been admitted as a patient into the New-York State Lunatic Asylum, at Utica : Now, therefore, we, the undersigned, in consideration thereof, bind ourselves to Edmund A. Wetmore, treasurer of said asylum, to pay to him and his successors in office the sum of — dollars and — cents per week, for the care and board of said insane person so long as he shall continue in said asylum, with such extra charges as may be occasioned by his requiring more than ordinary care and attention, and also to provide him with suitable clothing, and pay for all such necessary articles of clothing as shall be procured for him by the steward of the asylum, and to remove him from the asylum whenever the room occupied by him shall be required for a class of patients having preference by law; or whenever he shall be required to be removed by the managers or superintendent; and we also engage to pay all expenses incurred by the managers or superintendent in sending said patient to his

friends, in case one or either of us shall fail to remove said patient when required to do so as aforesaid; and if he shall be removed at the request of his friends before the expiration of six calendar months after reception, then we engage to pay board for twenty-six weeks, unless he should be sooner cured, and also to pay, not exceeding fifty dollars, for all damages he may do to the furniture or other property of said asylum, and for reasonable charges in case of elopement, and funeral charges in case of death; such payments for board and clothing to be made semi-annually, on the first day of February and August in each year, and at the time of removal with interest on each bill, from and after the time it becomes due.

"In witness whereof we have hereunto set our names this the
— day of —, in the year 1850."

This agreement or understanding is generally signed by near relatives or other friends of the patient, or legal guardians, if any such there be, at or prior to the time of admission or subsequently, upon the deposit on the admission of the patient, of a sum of money sufficient to secure its execution.

The charges for board for this class of patients vary from three and a half to seven dollars per week, according to the circumstances of the case. Indigent persons who pay their own expenses, are received at three dollars per week.

"When an insane person in indigent circumstances shall have been sent to the asylum by his friends, who have paid his bills therein for six months, if the superintendent shall certify that he is a fit patient, and likely to be benefited by remaining in the institution, the supervisors of the county of his residence are authorized and required, upon an application under oath in his behalf, to raise a sum of money sufficient to defray the expenses of his remaining there another year, and to pay the same to the treasurer of the asylum. And they shall repeat the same for two succeeding years, upon like application and the production of a new certificate each year, of like import from the superintendent."

As all, or nearly all, insane persons are "fit" patients for a lunatic asylum, and as all such as are unable to take care of themselves would be "benefited" by being properly cared for in such an institution; therefore the law, doubtless, contemplates

cases that are likely to result in, or approach at least to recovery, and only in such cases would we feel justified in making the certificate the law demands.

We regret to be obliged to call the attention of county officers to the following law, which is too frequently overlooked or disregarded :

"All town and county officers, sending a patient to the asylum, shall, before sending him, see that he is in a state of perfect bodily cleanliness, and is comfortably clothed and provided with suitable changes of raiment, as prescribed in the by-laws."

We request especially that patients brought to us from county houses be clean and free from vermin.

All patients require at least two suits of clothing and several changes of under garments. Most of the patients go out regularly, and consequently require clothing suited to the season. For males great coats and boots are required in winter, shoes will answer in the summer, slippers are worn in the house. Females also need ample clothing for riding or walking in the winter. The supply should be liberal when it can be afforded. All clothing is marked with the name of the patient to whom it belongs, and much pains are taken to have it kept in good order and repair.

The removal of a patient should not be attempted while laboring under severe bodily disease, as fevers, erysipelas, large and dangerous wounds or sores, consumption, &c.

In conveying a patient to the asylum, let it be done by force rather than by deception. Truth should not be compromised by planning a journey to Utica, or a visit to the asylum, and when there, suggesting the idea to the patient of staying, while their admission was already decided upon; nor should patients be induced to come and stay a few days to see how they like it, under the impression that they can leave at pleasure. Such treachery not only destroys confidence in friends, but also too often in us, by the seeming conspiracy to which we are supposed to be a party, than which there can scarcely be a greater barrier to improvement. The patient should be brought by an intelligent and intimate acquaintance, who will be able to give a minute history of the case, or a written account should be transmitted. In the

latter should be stated the name, age, married or single, number of children, occupation, degree of education, profession of religion, habit, nativity, residence, predisposing and exciting causes; here give a minute history of the patient from youth up, temperament, peculiarities, disposition, &c.; also the cause supposed to have affected the patient immediately preceding the attack; state what relatives, near or remote, are or have been insane or peculiar; also what diseases the patient has suffered from: fits, skin diseases, dyspepsia, constipation, piles, ulcers, &c. Give the date of the attack, going back to the first noticeable disturbance, no matter how slight; also the duration of the more marked and decided symptoms, the number of attacks (if this be not the first), and if ever before admitted, the number of admissions to this asylum, and how complete was the recovery in the intervals between the attacks; state fully the condition of the patient at the time of admission, whether suicidal or homicidal, whether he eats, sleeps, strikes, breaks, destroys, or is noisy, or inattentive to personal cleanliness, and whatever else may occur to the friends likely to be useful to us.

It is desirable that application for admission be always made before the patient is brought to the asylum, in reply to which any desired information will be cheerfully furnished. All correspondence about or with patients should be post-paid and addressed to Dr. Gray, Superintendent of the State Lunatic Asylum, Utica, N. Y.

Report on the Construction of Hospitals for the Insane, made by the Standing Committee of the Association of Medical Superintendents of American Institutions for the Insane, and unanimously adopted at its meeting in Philadelphia, May 21, 1851.

I. Every hospital for the insane should be in the country, not within less than two miles of a large town, and easily accessible at all seasons.

II. No hospital for the insane, however limited its capacity, should have less than fifty acres of land devoted to gardens and pleasure grounds for its patients. At least one hundred acres should be possessed by every State hospital, or other institution, for two hundred patients, to which number these propositions apply, unless otherwise mentioned.

III. Means should be provided to raise ten thousand gallons of water daily to reservoirs that will supply the highest part of the building.

IV. No hospital for the insane should be built without the plan having been first submitted to some physician or physicians who have had charge of a similar establishment, or are practically acquainted with all the details of their arrangements, and received his or their full approbation.

V. The highest number that can, with propriety, be treated in one building is two hundred and fifty, while two hundred is a preferable maximum.

VI. All such buildings should be constructed of stone or brick, have slate or metallic roofs, and as far as possible be made secure from accidents by fire.

VII. Every hospital having provision for two hundred or more patients should have in it at least eight distinct wards for each sex, making sixteen classes in the entire establishment.

VIII. Each ward should have in it a parlor, a corridor, single lodging rooms for patients, an associated dormitory, communicating with a chamber for two attendants; two clothes rooms, a bath room, a water closet, a dining room, a dumb waiter, and a speaking tube, leading to the kitchen or other central part of the building.

IX. No apartments should ever be provided for the confinement of patients, or as their lodging, that are not entirely above ground.

X. No class of rooms should ever be constructed without some kind of window in each, communicating directly with the external atmosphere.

XI. No chamber for the use of a single patient should ever be less than eight feet by ten, nor should the ceiling of any story occupied by patients be less than twelve feet in height.

XII. The floors of patients' apartments should always be of wood.

XIII. The stairways should always be of iron, stone, or other indestructible material, ample in size and number, and easy of ascent, to afford convenient egress in case of accident from fire.

XIV. A large hospital should consist of a main central building with wings.

XV. The main central building should contain the offices, receiving rooms for company, and apartments entirely private, for the superintending physician and his family, in case that officer resides in the hospital building.

XVI. The wings should be so arranged that if rooms are placed on both sides of a corridor the corridors should be furnished at both ends with moveable glazed sashes for the free admission of both light and air.

XVII. The lighting should be by gas, on account of its convenience, cleanliness, safety and economy.

XVIII. The apartments for washing clothing, &c., should be detached from the hospital building.

XIX. The drainage should be under ground, and all the inlets to the sewers should be properly secured to prevent offensive emanations.

XX. All hospitals should be warmed by passing an abundance of pure fresh air from the external atmosphere, over pipes or plates, containing steam under low pressure, or hot water, the temperature of which, at the boiler, does not exceed 212 degrees F., and placed in the basement or cellar of the building to be heated.

XXI. A complete system of forced ventilation, in connection with the heating, is indispensable to give purity to the air of a hospital for the insane, and no expense that is required to effect this object thoroughly, can be deemed either misplaced or injudicious.

XXII. The boilers for generating steam for warming the building should be in a detached structure, connected with which may be the engine for pumping water, driving the washing apparatus and other machinery.

XXIII. All water closets should, as far as possible, be made of indestructible materials, be simple in their arrangement, and have a strong downward ventilation connected with them.

XXIV. The floors of bath rooms, water closets and basement stories, should, as far as possible, be made of materials that will not absorb moisture.

XXV. The wards for the most of the excited class should be constructed with room on but one side of a corridor, not less than ten feet wide, the external windows of which should be large, and have pleasant views from them.

XXVI. Wherever practicable, the pleasure grounds of a hospital for the insane should be surrounded by a substantial wall, so placed as not to be unpleasantly visible from the building.



